

the hungers for attention and affection can be satisfied by an ongoing loving relationship. Other hungers seem to return again and again to haunt us—creating a consistent theme in our lives—until we learn how to feed them effectively.

Finally, it is important to note that a hunger will often masquerade as one of our primary goals, our values, highest ideals, or desires. Its primitive force can seduce us into placing it on a pedestal and orienting our entire lives around it. It is only after the hunger is fulfilled that our true ideals and desires can be identified.

**Munchie**

Even the most deeply ingrained hungers can be healthfully filled.

Even the most deeply ingrained hungers can be healthfully filled. Once they are, we can orient our lives around the true ideals and desires that come out of our core energy. That's where the real pleasure is. But until we recognize and healthfully feed our hungers, we can't tap into this deeper, more meaningful level of life.

Our hungers operate at different levels of intensity. Their strength depends on how long it's been since they have been satisfied, or how deeply they are ingrained in our lives. Knowing the hunger source and level of intensity are the first steps towards healthfully feeding it.